Depression in Cardiac Rehabilitation

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Cardiac rehabilitation (CR) is a program of education and exercise that decreases morbidity and mortality for patients who have had a cardiac event. The purpose of this research is to characterize the population of individuals in CR with depression in order to better this group. The database of CR patient information from 2009-2014 at UVM Medical Center was used, and all participants that had pre and post scores on the PHQ-9 and GDS were included in the study. Thus far, notable findings include that individuals with depression in CR tend to be younger than those without depression, and that individuals with depression tended to complete more sessions, contrary to the finding of many national studies. The next step in this project is to examine how this population varies on clinical variables such as vO\textsubscript{2} and diabetes rates. This research will help CR providers to better serve this population, and to serve as a comparison between the Vermont and national communities.